



Madeleines II

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



73 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 cup butter cooled melted
- 1 cup powdered sugar
- 2 eggs
- 0.8 cup flour all-purpose
- 0.5 teaspoon lemon zest
- 0.5 teaspoon vanilla extract

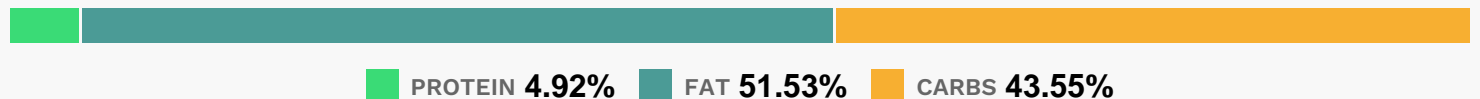
Equipment

- bowl
- oven
- knife
- hand mixer

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour twenty-four 3-inch Madeleine molds.
- In a medium bowl beat eggs, vanilla and lemon zest with an electric mixer on high speed for 5 minutes. Gradually beat in the confectioners' sugar. Beat for 5 to 7 minutes or until thick and satiny.
- Sift together the flour and baking powder. Sift one-fourth of the flour mixture over the egg mixture, gently fold in. Fold in the remaining flour by fourths. Then fold in the melted and cooled butter. Spoon batter into the prepared molds, filling 3/4 full.
- Bake at 375 degrees F (190 degrees C) for 10 to 12 minutes or until the edges are golden and the tops spring back. Cool in molds on a rack for 1 minute. Loosen cookies with a knife. Invert cookies onto a rack and cool. Sift confectioners' sugar over the tops or melt semi-sweet chocolate chips and dip the tips in the chocolate. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:1.0817391253684%

Nutrients (% of daily need)

Calories: 73.1kcal (3.66%), Fat: 4.22g (6.5%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.92g (2.88%), Sugar: 4.93g (5.48%), Cholesterol: 23.81mg (7.94%), Sodium: 40.22mg (1.75%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 0.91g (1.81%), Selenium: 2.53µg (3.61%), Vitamin A: 138IU (2.76%), Vitamin B2: 0.04mg (2.28%), Folate: 9.02µg (2.25%), Vitamin B1: 0.03mg (2.16%), Iron: 0.25mg (1.41%), Manganese: 0.03mg (1.4%), Phosphorus: 13.54mg (1.35%), Vitamin B3: 0.24mg (1.18%)